

| PRODUCT SPECIFICATIONS | |
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| Alarm | Yes |
| Activity/Sports | <p>Step Counter</p> <p>Calories Burned</p> <p>Floors Climbed</p> <p>Distance Travelled</p> <p>Intensity Minutes</p> <p>Trueup™</p> <p>Move IQ™</p> <p>Garmin Connect™ Challenges App</p> <p>Automatic Rep Counting</p> <p>Available Gym Activity Profiles Strength, Cardio, HIIT And Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Yoga, Pilates And Breathwork</p> <p>On-Screen Workout Animations</p> <p>On-Screen Workout Muscle Maps</p> |
| Battery Life | <p>Smartwatch mode: up to 14 days</p> <p>GPS-Only GNSS mode: Up to 20 hours</p> <p>All-Systems GNSS mode with music: Up to 6.5 hours</p> <p>All-Systems GNSS mode: Up to 25 hours</p> <p>All-Systems GNSS mode plus Multi-Band: Up to 16 hours</p> <p>See details</p> |
| Compatibility with Smart Phone | iPhone®, Android™ |
| Connectivity Type | Bluetooth®, ANT+® |
| Dimensions | 47 x 47 x 14.8 mm |
| Display Detail | <p>Display Size 1.3-inch (33.02 mm) diameter</p> <p>Display Resolution 260 X 260 Pixels</p> <p>Display Type Sunlight-Visible, Transflective Memory-In-Pixel (MIP)</p> |
| Location Services | GPS, Find my Phone, Find my Watch |
| Materials | <p>LENS MATERIAL Corning® Gorilla® Glass 3</p> <p>BEZEL MATERIAL Fibre-reinforced polymer</p> <p>QUICK RELEASE BANDS Yes (22 mm, Industry standard)</p> <p>STRAP MATERIAL Silicone</p> |
| Memory | 1GB |
| NFC Information | Garmin Pay™ |
| Sensors & Health monitoring | <p>Wrist-Based Heart Rate</p> <p>Daily Resting Heart Rate</p> <p>Abnormal Heart Rate Alerts</p> <p>Garmin ECG App</p> <p>Body Battery™ Energy Monitor</p> <p>All-Day Stress Tracking</p> <p>Relaxation Reminders</p> <p>Relaxation Breathing Timer</p> <p>Sleep Score And Insights</p> <p>Hydration</p> <p>Women'S Health</p> <p>Health Snapshot</p> |
| Safety Tracking Features | <p>Livetrack</p> <p>Live Event Sharing Android™ Only</p> <p>Incident Detection During Select Activities</p> <p>Incident Detection Alert On Phone For Wearables Assistance</p> |
| Screen size | 1.3" (33.02 mm) diameter |
| Smart Features | <p>Connect IQ™ (Downloadable Watch Faces, Data Fields, Widgets And Apps)</p> <p>On-Device Connect IQ™ Store</p> <p>Smart Notifications</p> <p>Text Response/Reject Phone Call With Text (Android™ Only)</p> <p>Calendar</p> <p>Weather</p> <p>Realtime Settings Sync With Garmin Connect™ Mobile</p> <p>Battery Saver - Customisable Low Power Watch</p> <p>Music Storage</p> |

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|------------------------------------|---|
| | Virb® Camera Remote Pairs With Garmin Golf App |
| Strap Colour | Black |
| Touch screen | Yes |
| Watch Type | Fitness Smart Watch |
| Water Resistance | Yes -Water Rating 5 ATM |
| Weight | 49g |
| Wi-Fi/Wireless Connectivity | No |